

CLASS & PROGRAM DESCRIPTIONS

Classes will not run without an 8 person minimum

The charge is the same for residents and non-residents. Most classes are 6-week sessions; cost is \$24.00 unless otherwise listed.

CARD GAMES

Bridge - Experienced players meet to enjoy a friendly afternoon of bridge. Partners not needed. All are welcome. Drop in on Monday or Friday afternoons. From 1-3:30 p.m.

Bridge Refresher - Chance to review and learn new skills. Wednesdays from 1 - 3 p.m. - \$2 per class. No partner needed.

Cards - 45's, Nickel, Poker (nickel and dime, dealer's choice), Canasta, experienced and beginners welcome. Meets at 1-3 p.m. on Monday & Thursday - \$1 donation.

EXERCISE

Combo Exercise Class- Mondays 10-11 a.m. Equal Parts- Pilates/Yoga/Strength Training \$24

Joy of Exercise - Low impact aerobic/dance increases coordination, balance and strength, utilizing a variety of equipment from stretch bands to light weights (provided). Men and women welcome. Thursday morning at 10 a.m. Wear supportive, athletic shoes.

Tai Chi & Chi Gong - Improves balance and relaxes the body. Concentration, internal body awareness and patience; improves greatly. Tuesday morning at 9:00 a.m.

Walking Group - Monday through Friday at the Youth Center at 9:00 a.m. or if weather permits walk around the Old Center. Wear comfortable shoes.

Yoga - Gentle stretching with breathing techniques to relax muscle groups and maintain strong bones. Wear loose, comfortable clothing and bring a floor mat. Chairs are available if needed. Meets Mondays at 9:00 a.m.

Zumba Basic & Fitness - Come exercise to the beat of Latin Music with Zumba. Walk-ins are welcome. All ages are welcome. Mondays @ 4:30-5:30, Wednesdays @ 4:30-5:30, Thursdays @ 4:30-5:30 pm & Saturdays @ 9:30-10:30 am. Punch cards are \$45 for 10 classes & \$80 for 20 classes. Use for any or all sessions you desire.

Zumba Gold - This program is designed for the older active adult or a person who hasn't been exercising in a long time or individuals who may be limited physically. Regular 6 week session on Monday & Wednesday from 3:30-4:15 p.m. for \$24 for each session.

GAMES

Bingo - Tuesdays 12:30 p.m. - \$1 per card. Coffee & tea will be available.

Bowling - At Academy Lanes in Bradford - \$8.00 per week. Includes bowling and shoes. League forms in September & ends in May.

Mahjong - A game of Chinese origin usually played by four persons with 144 domino-like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces. Thursdays from 12:30 - 2:30 p.m.

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CRAFTS/DIY CLASSES

Art Class - Tuesdays 1-3 PM Student's choice of Medium - Six weeks - \$60 or \$10 per class.

Cuddles - Fridays 10-12 PM Trace, cut, sew, stuff, dress, and paint these wonderful dolls. Dolls are sent to local hospitals, homeless shelters, nursing homes, our troops overseas and to children in 3rd world countries.

Knitting and Crocheting - Open to all, Tuesdays 9:30-11:30 AM Individuals should bring their own projects. Yarn and knitting needles are available.

Quilting - All levels welcome. We bring our work for *show, share and tell*, tips on colors, patterns and quilting styles. Meets the 1st & 3rd Friday of the month 10 AM

Woodcarving - A great social group; beginners through advanced are welcome. Meets Thursdays from 9-11:45 AM

PROGRAMS/CLASSES

Book Club - Meets the 1st & 3rd Friday of the Month - 10 AM

Computer Lab - 9 AM - 4 PM daily unless a computer class is scheduled. Donation requested for use of computers as well as printing/copies.

Computer Training (Individual) - Come in and learn the basics of computing. Learn how to surf the Internet and how to send email. Training is on Tuesdays and Thursdays 9-12 PM at the Senior Center. Call for your 45 minute appointment. Cost: \$7.

Heart to Heart - Weekly fellowship and fun social program designed for social support, sharing and compassion. Meets Wednesday mornings at 9:30 AM for coffee; meeting begins at 10 AM

Lecture Series - People from different backgrounds, professions or interests give presentations and insight into a variety of subjects. Mondays from 10 - 11:30 AM

Men's Breakfast - 1st Thursday of the month 9 AM. Speaker follows at 9:30 AM

Mr. Fix It Shop - Bring in your watches, lamps, small appliances and much more for Mr. Fix It to take a look! 1st & 3rd Thursday of the Month - 12-3 PM

News and Views - An informative and stimulating group covering current events, local, national and international issues. Wednesday morning at 10-11:30 AM

TRIAD - Seniors, Elder Services and Law Enforcement working together. Find out about the latest crime alerts, discussion groups, problem solving, and implementing new programs. Meets the 3rd Tuesday of the month at 11 AM